

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z						
Course title: antropologia (PODSTAWOWE)				Course code: KFZ25PIJ3451_23S		
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time		Profile of study: practical		Specialty:		
Course / module status obligatory			Language of instruction: semester: 3 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	3	laboratory	15	0	pg	2
		lecture	10	0	pg	
Total			25			2
Course / module coordinator		dr hab. MONIKA CHUDECKA				
Course instructor		dr hab. MONIKA CHUDECKA				
Course / module objectives		Familiarizing the student with anthropology and its use in the work of a physical education teacher and trainer, as well as learning the basics of anthropogenesis, developing the skills of evaluation and proportion to the body in the selection and selection of sports, while maintaining professional ethics.				
Prerequisites		Basic knowledge of human anatomy and biology				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref to programme benchmarks		
knowledge	1	EP1	Describes the build of man taking into account body types, explains the importance of morphological features as an important determinant in various sports. Describes the state nutrition of the individual. Explains the concept of sexual dimorphism and its meaning in the work of a PE teacher and in sport, knows the concept of asymmetry and its meaning in sport	K_W01 K_W02		
	1	EP2	He can use specialized anthropometric equipment, correctly perform specialized body measurements (biometrics), and then calculate and interpret the results in the context of body proportions.	K_U01		
	2	EP3	Is able to choose body building features desired in a given sport, as well as classify and assess body types. Is able to perform functional and dynamic asymmetry tests and assess morphological asymmetries.	K_U01		
	3	EP4	Is able to assess the nutritional status of an individual by calculating nutritional indicators, measuring the thickness of skin folds and describing the nutritional scale of the individual.	K_U01		
	4	EP5	He discusses, formulates opinions on topics related to the origin of man and his evolution, takes a position on this matter, knowing various concepts of human origin (he can argue for and against this issue).	K_U10		
social competences	1	EP6	The student is ready to follow the rules of professional ethics.	K_K04		

CONTENT	Semester	No. of hours			
			w tym e-learning		
Subject title: antropologia					
Format of instruction: lecture					
1. Definitions of anthropology and its place among other sciences, in particular physical culture sciences. Anthropology departments.	3	2	0		
2. Anthropogenesis-human origin, mechanisms of evolution. Cells of evolution, characteristics. Negative effects of evolution. division of primates. Typical features for primates.	3	2	0		
3. Asymmetry and its types, manifestations in sport. Sex dimorphism, its role in PE teacher's work and in sport.	3	2	0		
4. Chronobiology and its importance in PE teacher's work and in sport. Characteristics of human biorhythms.	3	1	0		
5. Body structure as an important determinant in sport selection and selection. Body structure 5 representatives of various sports.	3	3	0		
Format of instruction: laboratory					
1. Research methods in anthropology. Anthropometric instruments. Organization of anthropometric research. Lines, planes, around the body.	3	3	0		
2. Anthropometric points - practical use. Anthropometric measurements of the head and face, calculation of racial indicators. Anthropometric measurements of the length, width, circumferences and thickness of skin-fat folds.	3	6	0		
3. Calculation of somatic and nutritional indicators and their interpretation. Body proportions, morphological features predisposing to practicing selected sport disciplines. The concept of body composition and body components.	3	2	0		
4. Somatic typologies theory and practice - enumeration of individual body types, interpretation in the context of suitability for specific sports disciplines, morphological selection in sport	3	4	0		
Modes of delivery	multimedia presentation, lecture, practical classes - specialized anthropometric and body composition measurements (bioimpedance), calculation of indicators and body types, body according to standards, work in teams.				
Assessment methods			No. of learning outcome from the syllabus		
	KOŁOKWIUM		EP1,EP2,EP3,EP4,EP5		
	SPRAWDZIAN		EP2,EP3		
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJE)		EP1,EP2,EP3,EP4,EP5,EP6		
Grading criteria	Completion of classes includes: colloquium, practical classes, active participation in classes. Completing lectures based on attendance. Final exam in writing covering issues from exercises and lectures.				
	Grade calculation principles				
	The final grade is 50% grade from exercises and 50% grade from credit for grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	antropologia		Arytmetyczna	
	3	antropologia [wykład]	zaliczenie z oceną		
	3	antropologia [laboratorium]	zaliczenie z oceną		
Basic reading	Drozdowski Z. (1996): Antropologia sportowa, Wydawnictwo Naukowe AWF Poznań, Poznań				
	Drozdowski Z. (2002): Antropologia dla nauczycieli wychowania fizycznego, Wydawnictwo Naukowe AWF Poznań, Poznań				
	Drozdowski Z. (1998): Antropometria, Wydawnictwo Naukowe AWF Poznań, Poznań				
	Malinowski A. (1999): Wstęp do antropologii i ekologii człowieka, Wydawnictwo Uniwersytetu Łódzkiego, Łódź				
Supplementary reading	Łaska-Mierzejewska T. (1999): Antropologia w sporcie i wychowaniu fizycznym, Wydawnictwo AWF Warszawa Biblioteka Trenera, Warszawa				
STUDENT WORKLOAD					
		No. of hours			
		W tym e-learning			
Contact hours	25		0		

Participation in test / exam	2	0
Preparation for contact hours	6	0
Private reading and studying	4	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	7	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title:
USKFZ-WF-P-I-S-20/21Z

Unit:
Blok do wyboru A [moduł]

Course title: history of physical culture (POZOSTAŁE PRZEDMIOTY / MODUŁY)	Course code: KFZ25PIJ3451_11S
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Name of field of study:
wychowanie fizyczne

Mode and cycle of study: first-degree, full - time	Profile of study: practical	Specialty:
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Course / module status elective	Language of instruction: semestr: 2 - english language (100%)
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Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	2	discussion classes	30	0	pg	4
		lecture	15	0	e	
Total			45			4

Course / module coordinator: **dr hab. RENATA URBAN**

Course instructor: **dr hab. RENATA URBAN , dr RYSZARD STEFANIK**

Course / module objectives: **Gaining knowledge about the history of physical culture in the world and in Poland from ancient times to modern times
Acquiring the ability to analyze the concept of the development of physical education and sport in the world and in Poland and to present the evolution of the process of training staff for the needs of physical education and sport
Preparation for the practical application of acquired knowledge and skills in pedagogical work**

Prerequisites: **The student has basic knowledge about the history of physical culture in the field of secondary school program and general knowledge**

LEARNING OUTCOMES

Category	No.	Code	Description	Ref. to programme benchmarks
knowledge	1	EP1	Has knowledge of the place, goals and functions of physical education and sport in the system of physical culture sciences	K_W07 K_W11
skills	1	EP2	Is able to analyze and discuss issues related to specific health and physical culture issues	K_U02
	2	EP3	Is able to skillfully use information technology in the basic field in work; use databases, process text, use presentation graphics, acquire and process information, use IT services	K_U07
	3	EP4	Is able to independently acquire knowledge and develop professional competences in the field of physical culture, as well as plan and implement their own lifelong learning; use Polish correctly and use specialist terminology appropriate to the age of the students	K_U14
social competences	1	EP5	Is prepared to conduct individualized pedagogical activities in relation to pupils; communicates with people from different environments and with different emotional condition, dialogical conflict resolution and creating a good atmosphere for communication	K_K01 K_K05
	2	EP6	Is prepared to express his own views and opinions, taking into account compliance with ethical principles and legal norms in force in scientific research and in copyright works	K_K08

CONTENT		Semester	No. of hours	
				w tym e-learning
Subject title: history of physical culture				
Format of instruction: lecture				
1. Evolution of physical education and sport in individual historical eras		2	5	
2. Social, political and organizational conditions for the development of physical culture in Poland throughout history		2	6	
3. Contemporary trends in the development of physical education and sport		2	4	
Format of instruction: discussion classes				
1. The issues of physical education and sport in ancient times and the period of revival		2	4	
2. Physical culture in Polish lands in the eighteenth and nineteenth centuries		2	4	
3. The development of gymnastic movement and the beginnings of sport and the theory of physical education in Poland		2	4	
4. The genesis of the modern Olympic movement and the development of the Games in the first half of the 20th century		2	4	
5. Physical education and sport during the Second Polish Republic and during the occupation (1939-1945)		2	4	
6. Changes in the development of physical culture in Poland in 1944-1989 and manifestations of sport in artistic and literary creation		2	6	
7. Staff training for physical education and sport, development of physical culture sciences		2	2	
8. Undesirable phenomena in modern sport and Olympic movement		2	2	
Modes of delivery	Monographic lecture, Multimedia presentation, Analysis of source texts and historical publications			
Assessment methods				No. of learning outcome from the syllabus
	EGZAMIN PISEMNY			EP1,EP4,EP6
	PRACA PISEMNA/ ESEJ/ RECENZJA			EP1,EP4,EP6
	PREZENTACJA			EP1,EP3,EP4,EP6
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP1,EP2,EP4,EP5,EP6
Grading criteria	Determining the final grade based on partial grades received during the semester for the student's work. The final grade is influenced by: - individual work of a student (source query) - essay / essay - multimedia presentation on a given topic - activity during exercises (preparing a paper, presentation, conducting discussions) - passing a written exam			
	Grade calculation principles			
	All the abovementioned elements must be passed a positive grade.			
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method
	2	history of physical culture		Arytmetyczna
	2	history of physical culture [wykład]	egzamin	
	2	history of physical culture [ćwiczenia]	zaliczenie z oceną	
Basic reading	Gaj J., Hądzelek K. (1997): Dzieje kultury fizycznej w Polsce, AWF Poznań, Poznań			
	Lipowski W. (2012): Historia sportu na tle rozwoju kultury fizycznej, Wydawnictwo Naukowe PWN, Warszawa			
	Szymański L. (2004): Kultura fizyczna i turystyka w polityce Polski Ludowej 1944-1989, AWF Wrocław, Wrocław			
	Wroczyński R. (1979): Powszechne dzieje wychowania fizycznego i sportu, Zakład Narodowy Imienia Ossolińskich, Wrocław - Warszawa - Kraków - Gdańsk			

Supplementary reading	Eider J., Urban R. (red.) (2016): Bohaterowie igrzysk. Biografie zbiorowe i indywidualne polskich olimpijczyków, Polskie Towarzystwo Naukowe Kultury Fizycznej Sekcja Historii, Szczecin
	Gostowski R. (1959): Sport w starożytności, Warszawa
	Łanowski J. (2000): Święte igrzyska olimpijskie, Poznań
	Ordyłowski M. (1997): Historia kultury fizycznej Starożytność - Oświecenie, Wrocław
	Pasko A. (2012): Sport wyczynowy w polityce państwa 1944-1989, Wydawnictwo Avalon , Kraków
	Szymański L. (1999): Kultura fizyczna w polityce II Rzeczypospolitej, Wrocław

STUDENT WORKLOAD

	No. of hours	
		W tym e-learning
Contact hours	45	
Participation in test / exam	4	
Preparation for contact hours	22	
Private reading and studying	10	
Participation in tutorials	4	
Preparation of project / essay / etc.	5	
Preparation for test / exam	10	
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-20/21Z						
Unit: Blok do wyboru C [moduł]						
Course title: molecular basis of physical activity (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ25PIIJ3451_13S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective				Language of instruction: semestr: 4 - english language (100%)		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	discussion classes	15	0	pg	4
		lecture	15	0	e	
Total			30			4
Course / module coordinator		dr n. med. ANNA NOWAKOWSKA				
Course instructor		dr n. med. ANNA NOWAKOWSKA				
Course / module objectives		Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity. Acquiring basic laboratory skills. Acquiring readiness for teamwork.				
Prerequisites		Knowledge of the basics of human biology				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref to programme benchmarks		
knowledge	1	EP1	Student knows and understands basic terms of human genetics	K_W01 K_W07		
skills	1	EP2	Student can choose and plan to utilize adequate molecular methods	K_U01 K_U14		
	2	EP3	Student can search for, select and analyze data and information within molecular research in sport and interpret the results of some of the studies	K_U01 K_U14		
	3	EP4	Student can use research equipment typical for molecular research	K_U01		
social competences	1	EP5	Student is aware of dangers the use of genetics in sport can bring	K_K01		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: molecular basis of physical activity						
Format of instruction: lecture						
1. Introduction to genetics and molecular biology					4	5
2. Changes in some gene expressions as a response to given effort					4	5
3. The review of various marker genes having influence on physiological reactions of the body to 5 effort					4	5
Format of instruction: discussion classes						
1. The methodology of selected routine sport diagnostic test.					4	5

2. The methodology of genetic research in sport		4	5		
3. The methodology of protein research in sport		4	5		
Modes of delivery	audiovisual equipment-based lectures				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP2,EP5	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP2,EP3,EP4,EP5	
Grading criteria	Written exam covers lectures material, students take single choice tests.				
	Grade calculation principles				
	Test results of exam constitute 90% of final grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	molecular basis of physical activity		Ważona	
	4	molecular basis of physical activity [ćwiczenia]	zaliczenie z oceną		0,10
	4	molecular basis of physical activity [wykład]	egzamin		0,90
Basic reading	Juleen R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise , Cold Spring Harbor Laboratory Press				
	Thomas D. Pollard , William C. Earnshaw , Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology , , Elsevier				
Supplementary reading	Christine GoetzChristopher HammerbeckJody Bonnevier (2019): Flow Cytometry Basics for the Non-Expert, Springer Nature, Switzerland AG				
	Lloyd R. Snyder Joseph J. Kirkland John W. Dolan (2009): Introduction to Modern Liquid Chromatography, John Wiley & Sons, Inc.				
	Nessa Carey (2012): The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance, Columbia University Press				
	Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, Mcgraw-Hill College				
STUDENT WORKLOAD					
		No. of hours			
		W tym e-learning			
Contact hours	30				
Participation in test / exam	2				
Preparation for contact hours	18				
Private reading and studying	18				
Participation in tutorials	8				
Preparation of project / essay / etc.	0				
Preparation for test / exam	24				
TOTAL workload	100				
ECTS credits	4				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-20/21Z						
Unit: Blok do wyboru A [moduł]						
Course title: fundamentals of exercise immunology (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ25PIIJ3451_11S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective				Language of instruction: semestr: 4 - english language (100%)		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	discussion classes	15	0	pg	4
		lecture	15	0	pg	
Total			30			4
Course / module coordinator		dr DOROTA KOSTRZEWA-NOWAK				
Course instructor		dr DOROTA KOSTRZEWA-NOWAK				
Course / module objectives		obtaining knowledge of basic immunological concepts becoming familiar with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions acquisition of teamwork competence				
Prerequisites		none				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	describes the most common post-effort changes at the level of human immunology	K_W01		
	2	EP2	describes the importance of the immune system in maintaining homeostasis	K_W01 K_W07		
	3	EP3	can correctly describe the relationship between immunity and physical activity in a way accessible to various social groups	K_W07		
skills	1	EP4	demonstrates the skill of correct recognition of immune disorders and post-effort changes based on the obtained test results	K_U01		
	2	EP5	can correctly describe the relationship between immunity and physical activity in speaking and writing in English	K_U14		
social competences	1	EP6	is ready to update his knowledge and possesses competences to demonstrate its practical significance	K_K05		
	2	EP7	is ready to continually update knowledge from the latest to achieve sport sciences	K_K01		
	3	EP8	possesses competences allowing to undertake teamwork as both a leader and a member	K_K08		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: fundamentals of exercise immunology						

Format of instruction: lecture				
1. Main components and features of the immune response.		4	5	
2. Immun cells, cytokines and chemokines.		4	5	
3. Psychoneuroimmunology.		4	5	
Format of instruction: discussion classes				
1. Immunological testing methods.		4	5	
2. Flow cytometry and ELISA tests.		4	5	
3. Interpretation of exercise test results used in immunology.		4	5	
Modes of delivery	audiovisual presentation work in groups interpretation of simple laboratory experiments discussion work with text			
Assessment methods				No. of learning outcome from the syllabus
	PREZENTACJA			EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP4,EP6,EP7,EP8
Grading criteria	exercises: presentation (70%), activity during classes (30%) lecture: passing the lecture test			
	Grade calculation principles			
	the final grade is the arithmetic average of the grades for classes and lectures			
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method
	4	fundamentals of exercise immunology		Arytmetyczna
	4	fundamentals of exercise immunology [wykład]	zaliczenie z oceną	
	4	fundamentals of exercise immunology [ćwiczenia]	zaliczenie z oceną	
Basic reading	Bente Klarlund, David C. Nieman (2019): Nutrition and Exercise Immunology, Taylor & Francis Ltd, London, United Kingdom			
	Michael Gleeson, Edited by Nicolette Bishop (2013): Exercise Immunology, Taylor & Francis Ltd			
Supplementary reading	Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics			
	Michael Gleeson (2006): Immune Function in Sport and Exercise, Elsevier			
STUDENT WORKLOAD				
		No. of hours		
		W tym e-learning		
Contact hours	30			
Participation in test / exam	2			
Preparation for contact hours	15			
Private reading and studying	15			
Participation in tutorials	8			
Preparation of project / essay / etc.	15			
Preparation for test / exam	15			
TOTAL workload	100			
ECTS credits	4			

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-20/21Z						
Course title: fizjologia człowieka (PODSTAWOWE)					Course code: WF25PIJ119_32S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semestr: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	laboratory	30	0	pg	4
		lecture	15	0	e	
Total			45			4
Course / module coordinator		mgr RADOSŁAW SROKA				
Course instructor		dr RAFAŁ BURYTA				
Course / module objectives		<p>The aim of teaching physiology in the field of Physical Education is for students to gain knowledge on the level of functions of organs and internal systems - especially in states of rest, exercise and rest. Particular attention is paid to the body's functions at rest, depending on age (in the course of ontogenesis) and the degree of individual physical activity.</p> <p>The acquired knowledge will allow graduates to properly control the physiological functions of the body in the states of rest, exercise and rest.</p>				
Prerequisites		Knowledge of the basics of human anatomical structure, general biology, physics and chemistry.				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref to programme benchmarks		
knowledge	1	EP3	knows and understands the basic biological, physiological and biochemical processes of individual internal organs occurring in the human body during physical exertion, fatigue and rest	K_W01		
	2	EP4	knows and understands the structure and functioning of the human body, with particular emphasis on securing the body for oxygen and energy substrates in the state of homeostasis and during exercise and rest.	K_W02 K_W09		
	3	EP5	knows the basics of the functioning of the senses of sight, hearing, feeling and speech	K_W09		
skills	1	EP2	is able to select and use methods and research equipment in the assessment of physiological phenomena, physical fitness; perform physiological measurements and evaluate them, interpret the obtained results and use them in the process of physical exercise and in the process of sports training; can use specialized equipment and apparatus in the physiological area	K_U01		
social competences	1	EP1	is ready to: responsibly prepare to work with the human body, perform activities related to physical effort; solving the most common problems related to the work of the human body	K_K04		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: fizjologia człowieka						

Format of instruction: lecture					
1. Introduction to physiology		4	1	0	
2. Physiology of excitable tissues		4	1	0	
3. Physiology of the neuromuscular system		4	2	0	
4. Physiology of the nervous system		4	2	0	
5. Blood physiology		4	1	0	
6. Physiology of the cardiovascular system		4	2	0	
7. Physiology of the respiratory system		4	2	0	
8. Physiology of the endocrine gland		4	2	0	
9. Physiology of physical effort		4	2	0	
Format of instruction: laboratory					
1. Introduction to physiology		4	1	0	
2. Physiology of excitable tissues		4	3	0	
3. Physiology of the neuromuscular system		4	2	0	
4. Physiology of the nervous system		4	6	0	
5. Physiology of the cardiovascular system		4	4	0	
6. Physiology of the cardiovascular system		4	6	0	
7. Physiology of the respiratory and cardiovascular systems		4	2	0	
8. Physiology of physical effort		4	4	0	
9. Practical and theoretical credit		4	2	0	
Modes of delivery	Lectures - text and multimedia presentation., Exercises: 1. Mastering the instrumental methods of a physiological experiment. 2. Mastering the methods of organizing a pedagogical experiment. 3. Mastering the methods of analysis and interpretation of physiological information.				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP2,EP3,EP4,EP5	
	KOLOKWIUM			EP1	
Grading criteria	1. Active participation in all classes - constitutes 10% of the final grade. 2. Practical-theoretical credit - accounts for 15% of the final grade. 3. Written tests - constitutes 25% of the final grade. 4. Written exam - constitutes 50% of the final grade.				
	Grade calculation principles				
	All items listed in point 1-4 must be passed with a minimum grade of satisfactory. The final grade will be increased in the range of 10-20% for the voluntary activity of the student on the terms specified by the teacher, as well as for the presence of all protocols of tests and experiments.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	fizjologia człowieka		Arytmetyczna	
	4	fizjologia człowieka [wykład]	egzamin		
	4	fizjologia człowieka [laboratorium]	zaliczenie z oceną		

Basic reading	Górski J. (2011): Fizjologia wysiłku i treningu fizycznego, PZWL, Warszawa	
	Jaskólski (2009): Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka, AWF Wrocław, Wrocław	
	Konturek (2003): Fizjologia człowieka T 1-5, Uniwersytet Jagiellonski, Kraków	
	Kozłowski, Nazar (1995): Wprowadzenie do fizjologii klinicznej, PZWL, Warszawa	
	Pytasz (1996): Ćwiczenia z fizjologii człowieka, Uniwersytet Szczeciński, Szczecin	
	Traczyk (1989): Fizjologia człowieka w zarysie, PZWL, Warszawa	
	Traczyk (1989): Fizjologia człowieka z elementami fizjologii stosowanej i klinicznej, PZWL, Warszawa	
Supplementary reading	Ronikier (2001): Fizjologia sportu, COS, Warszawa	
	Traczyk (1999): Diagnostyka czynnościowa człowieka, PZWL, Warszawa	
	Wilmore (2004): Physiology of Sport and Exercise, Human Kinetics, London	
	Zaton (2002): Aktywność ruchowa w świetle badań fizjologicznych, AWF Wrocław, Wrocław	
STUDENT WORKLOAD		
	No. of hours	
		W tym e-learning
Contact hours	45	0
Participation in test / exam	4	
Preparation for contact hours	15	
Private reading and studying	20	
Participation in tutorials	6	
Preparation of project / essay / etc.	0	
Preparation for test / exam	10	
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z						
Course title: muzyka, rytm, taniec (KIERUNKOWE)					Course code: WF25PIJ2982_7S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	ćwiczenia specjalistyczne	30	0	pg	2
Total			30			2
Course / module coordinator		dr hab. JOANNA KRUK				
Course instructor		dr hab. JOANNA KRUK				
Course / module objectives		Acquisition of skills related to the adaptation of methods of assessment and conducting classes with music appropriate for a given group. Familiarizing students with the correct performance technique and methodology of teaching basic dance steps in the field of folk, ballroom, integration and rhythmic dances. Preparation for independent planning and conducting music and movement classes.				
Prerequisites		brak				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref to programme benchmarks		
knowledge	1	EP1	Explains and describes the performance and methods of teaching rhythmic exercises and dance systems using specialized terminology specific to rhythmic exercises and dance.	K_W06		
skills	1	EP2	Is able to plan and conduct classes based on the use of rhythm, music, dance, demonstrates individual rhythmic exercises, in pairs or in groups, which are possible to use in classes with music and in teaching simple dance arrangements.	K_U03		
	2	EP4	Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.	K_U05		
	3	EP5	Demonstrates the ability to supervise, lead, engage in team forms of music classes, demonstrates individual, pairs or group rhythmic exercises, which can be used in music classes and in teaching simple dance routines.	K_U09		
	4	EP7	Is able to plan individually or in a group physical activities with music, taking into account the appropriate selection of methods, techniques and forms appropriate for a given age group, with specific dance skills and physical fitness.	K_U09		

social competences	1	EP6	With commitment and responsibility, she works in a group of dancing people, paying attention to the technique and aesthetics of elements performed with music, the correctness of maintaining the figure and the right pace of movement, understanding the problem of group responsibility in a dance team, as well as the importance of the role played by the teacher in the group in classes with children.		K_K04
CONTENT			Semester	No. of hours	
					w tym e-learning
Subject title: muzyka, rytm, taniec					
Format of instruction: ćwiczenia specjalistyczne					
1. Wartości tańca w aspekcie wychowawczym, pedagogicznym.			1	2	0
2. Wykorzystanie ćwiczeń rytmicznych w zajęciach z dziećmi.			1	1	0
3. Krótkie tematy taneczne wykonywane pojedynczo i parami. Kształtowanie umiejętności łączenia ruchu z muzyką oraz estetyki wykonania.			1	14	0
4. Teoria, metodyka nauczania, technika wykonania wybranych tańców ludowych i towarzyskich.			1	13	0
Modes of delivery	Metody dydaktyczne odtwórcze: naśladowcza-ścisła, zadaniowa-ścisła; metody dydaktyczne usamodzielniające: bezpośredniej celowości ruchu, zabawowo-klasyczna.				
Assessment methods					No. of learning outcome from the syllabus
	SPRAWDZIAN				EP1,EP4,EP5,EP6
	PROJEKT				EP1,EP2,EP4,EP6,EP7
ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP1,EP5,EP6	
Grading criteria	The condition for passing the classes is attendance. For the final grade in the subject affect: 1. Practical test based on demonstration of knowledge of eight selected systems dances in the field of folk and ballroom dances, danced according to music, from the right technique performance and movement aesthetics (90% of the final grade). 2. Student activity during classes manifested by active and creative involvement own ideas during the classes and theoretical preparation for classes (10% of the grade terminal). The mark for each of the nine evaluated elements must be minimum sufficient.				
	Grade calculation principles				
	The final grade is determined on the basis of the arithmetic average calculated from the grades of practical credits, the grade for student's activity in class and may be increased in 5-10% for the student's voluntary activity on the principles set out by the teacher.				
Final grade calculation method	Sem.	Course		Type of credit	Grade calc. method
	1	muzyka, rytm, taniec			Ważona
	1	muzyka, rytm, taniec [ćwiczenia specjalistyczne]		zaliczenie z oceną	1,00
Basic reading	Jakubowski K. (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa				
	Kowalik B., Fredek A., Barańska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice				
	Siedlecka B., Biliński W. (2003): Taniec w edukacji dzieci i młodzieży - podręcznik dla nauczycieli., AWF Wrocław, Wrocław				
Supplementary reading	Fredek A., Kowalik B., Barańska-Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice				
	Graczykowska B. (2003): Tańce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole				
	Siedlecka B., Biliński (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji., AWF Wrocław, Wrocław				
STUDENT WORKLOAD					
			No. of hours		
			W tym e-learning		
Contact hours	30		0		
Participation in test / exam	2		0		

Preparation for contact hours	4	0
Private reading and studying	3	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-21/22Z							
Course title: Multimedia techniques in sport (KIERUNKOWE)					Course code: KFZ25PIJ3451_23S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:		
Course / module status obligatory				Language of instruction: semester: 4 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				w tym e-learning			
2	4	ćwiczenia specjalistyczne	15	0	pg	1	
Total			15			1	
Course / module coordinator		dr KRZYSZTOF WILK					
Course instructor		dr MIŁOSZ STĘPIŃSKI					
Course / module objectives		The aim is for the student to acquire knowledge and skills related to the use of multimedia resources in work of a teacher and trainer.					
Prerequisites		Prerequisites: Basic computer skills					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref to programme benchmarks			
skills	1	EP1	He can create and edit multimedia materials.	K_U05			
	2	EP2	He can use the basic computer programs necessary for the work of a teacher and trainer	K_U07			
	3	EP3	Is able to prepare and present an e-outline of training activities	K_U13			
social competences	1	EP4	Is capable of self-evaluation and evaluation of other people's work in a creative and inspiring way	K_K01			
	2	EP5	He is ready to present his opinions in a cultural way in the environment	K_K07			
CONTENT					Semester	No. of hours	
						w tym e-learning	
Subject title: Multimedia techniques in sport							
Format of instruction: ćwiczenia specjalistyczne							
1. Learning to use graphics programs					4	2	0
2. Working with a video camera and editing video files					4	4	0
3. Designing e-drafts in MS Word and Power Point					4	4	0
4. Live monitoring of training activities					4	2	0
5. Presentation of e-drafts in MS Power Point.					4	3	0
Modes of delivery		Practical exercises, work in groups					

Assessment methods					No. of learning outcome from the syllabus
	PREZENTACJA				EP1,EP2,EP3,EP4,EP5
Grading criteria	Completion of the course includes: attendance, activity and a positive assessment of the preparation and presentation of a group project.				
	Grade calculation principles				
	Assessment of the preparation and presentation of a group project 100% assessment				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	techniki multimedialne w sporcie		Nieobliczana	
	4	techniki multimedialne w sporcie [ćwiczenia specjalistyczne]	zaliczenie z oceną		
Basic reading	Jerzy Rzedowski, Agata Rzedowska (2018): Mówca doskonały. Wystąpienia publiczne w praktyce., OnePress, Warszawa				
	Praca zbiorowa (2007): Pedagogika medialna, Warszawa				
	Zimek R. (2010): PowerPoint 2010 Pl. Ilustrowany przewodnik, Helion, Warszawa				
Supplementary reading	Blein B. (2009): Sztuka prezentacji i wystapien publicznych, RM, Warszawa				
	Pikon K. (2011): ABC Internetu, Warszawa				
STUDENT WORKLOAD					
		No. of hours			
					W tym e-learning
Contact hours		15	0		
Participation in test / exam		4	0		
Preparation for contact hours		0	0		
Private reading and studying		2	0		
Participation in tutorials		2	0		
Preparation of project / essay / etc.		0	0		
Preparation for test / exam		2	0		
TOTAL workload		25			
ECTS credits		1			

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z						
Course title: zabawy i gry ruchowe (KIERUNKOWE)					Course code: WF25PIJ3014_8S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	ćwiczenia specjalistyczne	30	0	pg	2
Total			30			2
Course / module coordinator		dr MACIEJ ZAWADZKI				
Course instructor		dr MACIEJ ZAWADZKI				
Course / module objectives		To acquaint students with the theory and practice of motor games and plays. Acquiring the skills to independently plan and conduct activities based on games and physical activities for schoolchildren. Acquisition of competences allowing for readiness to work with schoolchildren.				
Prerequisites		Brak				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student knows the needs resulting from the introduction of games and movement games in various age groups of school	K_W03		
	1	EP2	The student is able to skillfully use various methods in conducting games and movement activities.	K_U01		
	2	EP3	He can skillfully plan and implement games and games in various age groups.	K_U03		
	3	EP4	Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.	K_U04		
	4	EP5	The student is able to correctly apply the methodology of teaching games and movement games and correctly select them depending on the conditions, purpose, age and abilities of the participant.	K_U05		
	5	EP6	The student is able to plan and organize various types of games and physical activities in sports and recreational activities at school and outside.	K_U08		
	6	EP7	The student is able to independently and in a team plan and conduct physical activities using the appropriate methods and organizational forms as well as various and unconventional sports equipment.	K_U09		
	7	EP8	Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.	K_U14		

social competences	1	EP9	The student is ready to responsible and reliable work and solve various problems in working with children.	K_K04	
	2	EP10	He is ready to take care of the health and safety of his own work and that of people participating in physical activities and tourist and recreational events.	K_K06	
CONTENT			Semester	No. of hours	
				w tym e-learning	
Subject title: zabawy i gry ruchowe					
Format of instruction: ćwiczenia specjalistyczne					
1. Teoretyczne i praktyczne wprowadzenie do tematyki przedmiotu.			1	2	0
2. Zabawy i gry ruchowe o charakterze integracyjnym.			1	4	0
3. Zabawy dla dzieci w wieku przedszkolnym.			1	4	0
4. Zabawy i gry ruchowe dla dzieci w wieku młodszym szkolnym.			1	4	0
5. Gry i zabawy ruchowe prowadzone w trudnych warunkach.			1	4	0
6. Gry i zabawy terenowe.			1	4	0
7. Prowadzenie gier ruchowych, system punktowania, zorganizowanie rozgrywek sportowych.			1	4	0
8. Gry i zabawy ruchowe podczas imprez tematycznych i festynów rekreacyjno-sportowych.			1	4	0
Modes of delivery	Pokaz, gry symulacyjne, praca w grupach.				
Assessment methods					No. of learning outcome from the syllabus
	PROJEKT				EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJE)				EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9
Grading criteria	The condition for passing the course is attendance at the classes. Any absences must be made up for according to the rules specified by the teacher. Completion of the exercises includes: project and practical classes.				
	Grade calculation principles				
	Calculating the grade for the subject: project execution (50% grade) and practical training (50% grade).				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	zabawy i gry ruchowe		Ważona	
	1	zabawy i gry ruchowe [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00
Basic reading	Bondarowicz M. (2004): Zabawy w grach sportowych., Warszawa, Warszawa				
	Bondarowicz M.,Staniszewski T. (2008): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa				
	Flemming I. (1998): Gry i zabawy na wycieczkę szkolną., Kielce				
	Nawara H.,Nawara U. (1999): Gry i zabawy inegracyjne., Wrocław				
	Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Starachowice				
	Węgrzyn E.,Umiastowska D., Pławińska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin				
Supplementary reading					

STUDENT WORKLOAD		
	No. of hours	
		W tym e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	3	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-21/22Z						
Course title: podstawy samoobrony (KIERUNKOWE)					Course code: KFZ25PIIJ2982_6S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	ćwiczenia specjalistyczne	15	0	pg	2
Total			15			2
Course / module coordinator		mgr RADOSŁAW SROKA				
Course instructor		mgr RADOSŁAW SROKA				
Course / module objectives		<p>Getting to know specialist terminology in the field of self-defense and the methodology of teaching its individual elements. Preparation for the safe conduct of self-defense classes, with particular emphasis on the correct selection of the scope of material, methods and forms of teaching, and to use the correct instruction. Acquiring the ability to analyze and synthesize individual movement combinations and to develop them creatively. Orienting the student to taking care of safety during classes and taking care of hygiene of voice emission.</p>				
Prerequisites		lack				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student knows the specialized names of techniques used in various areas of self-defense and knows the methodology of their teaching	K_W06		
	1	EP2	The student is able to adapt the verbal message to the perception capabilities of students during self-defense classes	K_U02		
	2	EP3	The student is able to adapt the methods and forms of teaching elements of self-defense depending on the level of physical fitness and the needs of students	K_U05		
	3	EP4	The student is able to anticipate and prevent the occurrence of dangerous situations during classes and shape positive habits related to safety in self-defense classes	K_U08		
	4	EP5	The student is able to teach the basic elements of self-defense by indicating the application of individual techniques, analyzing and synthesizing their movement content and indicating the most common technical errors	K_U10		
	5	EP6	The student is able to promote the idea of caring for their own and other people's safety by organizing self-defense shows	K_U11		
	6	EP7	The student is able to instruct students in accordance with the principles of proper voice emission	K_U15		
skills						

social competences	1	EP8	The student is ready to independently search for information using modern technologies	K_K01	
	2	EP9	The student cares about the safety of himself and other people acting as both lecturer and practitioner	K_K03	
	3	EP10	The student is able to adequately assess their level of knowledge and the quality of information received in the field of self-defense	K_K05	
CONTENT			Semester	No. of hours	
					w tym e-learning
Subject title: podstawy samoobrony					
Format of instruction: ćwiczenia specjalistyczne					
1. Introduction to the subject of classes. Classification of techniques and methodology for conducting recreational and sports activities in self-defense. Learning the position to fight and move correctly in battle.			4	2	0
2. Blows and kicks used in self-defense. Active defense against kicking, punching.			4	4	0
3. Technique and methodology of teaching the elements of combat on the ground floor - defense against a standing opponent and an attacker on the ground floor.			4	4	0
4. Self-defense against movements that restrict movement, defense of a third person. Principles of teaching defense elements in typical threat situations.			4	2	0
5. Introducing elements of motor training during the lesson - circuit with exercises focused on hand-to-hand combat.			4	2	0
6. Demonstration of technical skills.			4	1	0
Modes of delivery	demonstration, pair exercises, simulation game, group work				
Assessment methods					No. of learning outcome from the syllabus
	PROJEKT				EP1,EP10,EP6,EP8,EP9
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP2,EP3,EP4,EP5,EP6,EP7,EP9
Grading criteria	The condition of passing the course is attendance. The assessment is influenced by: 1. Assessment of practical credit covering knowledge of self-defense techniques exercised in class - correct performance with the participation of a partner, discussion of performance techniques, indication of use in emergency situations, discussion of the most common errors, teaching methodology and safety principles during individual exercises. 2. Group preparation of a self-defense show. The following are assessed: created choreography, music selection, compliance with safety rules.				
	Grade calculation principles				
	The grade for practical credit covering knowledge of self-defense techniques exercised in class constitutes 70% of the final grade. The rating for preparing a group self-defense show is 30% of the final grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	podstawy samoobrony		Ważona	
	4	podstawy samoobrony [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00
Basic reading	Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen				
	Dougherty M. (2012): Walka wręcz, MAK Verlag , Bremen				
	Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa				
Supplementary reading	Kirby G. (1994): Podstawowe techniki łagodnej walki, Budo-Sport, Warszawa				
	Soo-Warr L. (2000): Samoobrona dla kobiet, Oficyna Wydawnicza Delta W-Z, Warszawa				
STUDENT WORKLOAD					
			No. of hours		
			W tym e-learning		
Contact hours	15		0		

Participation in test / exam	2	0
Preparation for contact hours	8	0
Private reading and studying	6	0
Participation in tutorials	4	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	10	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z						
Course title: wychowanie fizyczne specjalne (KIERUNKOWE)				Course code: KFZ25PIIJ3451_2S		
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical		Specialty:		
Course / module status obligatory			Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	discussion classes	15	0	pg	4
		lecture	15	0	e	
Total			30			4
Course / module coordinator		dr hab. JOANNA KRUK				
Course instructor		dr hab. JOANNA KRUK , mgr RADOSŁAW SROKA				
Course / module objectives		<p>Familiarizing students with problems occurring while working with people with various types of disabilities and with issues related to the social maladjustment of children and adolescents.</p> <p>Acquisition of skills and competences related to taking up responsible work with disabled people using appropriate methods, means, forms and principles.</p> <p>Preparation for the design and implementation of safe sports activities for children with reduced fitness.</p> <p>Acquiring the skills of proper communication and cooperation during individual and group classes in special and integrated schools.</p>				
Prerequisites		lack				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref to programme benchmarks		
knowledge	1	EP1	Knows and understands teaching methods adapted to work in the field of physical culture with people with various disorders, dysfunctions and diseases.	K_W05		
	2	EP2	The student knows the types and mechanisms of developing difficult behaviors in people with various disabilities and defines the importance of physical effort in the process of extinguishing undesirable behaviors.	K_W04		
	3	EP3	He knows the basic terminology related to social rehabilitation, revalidation in connection with basic diseases and dysfunctions that affect the physical and mental health of a person.	K_W06		
	4	EP4	He knows the specifics of individual sports for people with various disabilities.	K_W09		

skills	1	EP5	He discusses the revalidation possibilities of children and young people with various disabilities during sports activities.	K_U02	
	2	EP6	Is able to undertake a discussion on topics related to social maladjustment, revalidation of children and adolescents with various disabilities, using specialized terminology.	K_U03	
	3	EP7	Is able to plan and organize sports activities so that they have both a rehabilitating, educational and rehabilitative effect.	K_U04	
	4	EP8	Is able to create and adapt to the diverse needs of a child with disabilities methods of work during sports and recreational activities.	K_U11	
social competences	1	EP9	It is prepared to take care of the safety of children requiring special care.	K_K03	
	2	EP10	Is willing to follow ethical principles that are of particular importance in working with people with special needs.	K_K04	
CONTENT			Semester	No. of hours	
				w tym e-learning	
Subject title: wychowanie fizyczne specjalne					
Format of instruction: lecture					
1. Basic concepts and issues related to special physical education.			1	4	0
2. Resocialization of children and youth using physical education, sport and tourism.			1	2	0
3. Teaching methods, work organization used in physical education lessons with children of various disabilities.			1	7	0
4. Objectives, tasks and organization of the Paralympic Games and Special Olympics.			1	2	0
Format of instruction: discussion classes					
1. Etiology, types, stages, typology of symptoms of social maladjustment.			1	5	0
2. Selected issues of oligophrenopedagogy.			1	4	0
3. Selected issues concerning typhlo- and surdopedagogy.			1	6	0
Modes of delivery	Classes: individual work, group work, outline preparation, discussion. Lectures: multimedia presentation.				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP2,EP3,EP4,EP7,EP8,EP9	
	KOLOKWIMUM			EP1,EP10,EP3,EP4,EP8,EP9	
ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP3,EP4,EP5,EP6,EP7		
Grading criteria	The condition for passing the classes is attendance. The final grade in the subject is influenced by: 1. Positive assessment of exercises 10% of the final grade (credit for the colloquium on the thematic scope of exercises with open-ended questions, positive assessment for the outline, positive partial grades for active participation in classes) 2. Positive assessment of the written exam covering the scope of knowledge from exercises and lectures in the form of a longer written statement (90% of the grade in the subject) All listed elements must be included in the minimum satisfactory rating.				
	Grade calculation principles				
	The final grade of the subject is a weighted average of the grade from the exercises and the exam and may be increased in the range of 10-20% for the student's voluntary activity according to the rules specified by the teacher.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	wychowanie fizyczne specjalne		Nieobliczana	
	1	wychowanie fizyczne specjalne [wykład]	egzamin		
	1	wychowanie fizyczne specjalne [ćwiczenia]	zaliczenie z oceną		

Basic reading	Brzeziński W. (1998): Wychowanie fizyczne specjalne cz. I Resocjalizacja dzieci i młodzieży niedostosowanej społecznie., Uniwersytet Szczeciński, Szczecin
	Gawlik K., Zwierzchowska A. (2004): Wychowanie fizyczne dzieci i młodzieży z niepełnosprawnością intelektualną., AWF Katowice, Katowice
	Kowalik S. (2009): Kultura fizyczna osób z niepełnosprawnością., Gdańskie Wydawnictwo Psychologiczne, Gdańsk
Supplementary reading	Bogdanowicz M., Kisiel B. (2003): Weronika Sherborne Ruch rozwijający dla dzieci., Wydawnictwo Naukowe PWN, Warszawa
	Koper M., Nadolska A., Wieczorek J. (red.) (2015): Stymulowanie rozwoju osób niepełnosprawnych poprzez dostosowaną aktywność ruchową., AWF Poznań, Poznań
	Marchewka A. (2001): Wychowanie fizyczne specjalne., AWF Kraków, Kraków

STUDENT WORKLOAD

	No. of hours	
		W tym e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	25	0
Private reading and studying	15	0
Participation in tutorials	8	0
Preparation of project / essay / etc.	10	0
Preparation for test / exam	10	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z							
Course title: turystyka szkolna i ekologia (KIERUNKOWE)					Course code: KFZ25PIIJ3451_5S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:		
Course / module status obligatory				Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				w tym e-learning			
1	1	discussion classes	15	0	pg	3	
		lecture	10	0	pg		
Total			25			3	
Course / module coordinator		mgr RADOSŁAW SROKA					
Course instructor		dr MICHAŁ TARNOWSKI					
Course / module objectives							
Prerequisites							
LEARNING OUTCOMES							
Category	No.	Code	Description			Ref. to programme benchmarks	
CONTENT					Semester	No. of hours	
						w tym e-learning	
Subject title: turystyka szkolna i ekologia							
Format of instruction: lecture							
1. Tourism, recreation, sightseeing, tourism geography, ecological education - selected issues.					1	4	0
2. Szczecin - an outline of history (depending on the conditions and possibilities in a given academic year).					1	4	0
3. Conducting tourist events with particular emphasis on trips as the basic form of sightseeing activity and taking into account aspects of nature protection (basic methodological and legal issues).					1	2	0
Format of instruction: discussion classes							
1. Selection of values ??for selected types of trips. Preparation of a school coach trip (depending on the conditions and possibilities in a given academic year).					1	2	0
2. Organization of school events of a selected nature - basic methodological and legal issues.					1	2	0
3. Selected sightseeing natural values ??of the region. Preparation and participation.					1	11	0
Modes of delivery							
Assessment methods						No. of learning outcome from the syllabus	

Grading criteria	Grade calculation principles				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	turystyka szkolna i ekologia		Nieobliczana	
	1	turystyka szkolna i ekologia [ćwiczenia]	zaliczenie z oceną		
	1	turystyka szkolna i ekologia [wykład]	zaliczenie z oceną		
Basic reading					
Supplementary reading					
STUDENT WORKLOAD					
		No. of hours			
		W tym e-learning			
Contact hours	25		0		
Participation in test / exam	0		0		
Preparation for contact hours	0		0		
Private reading and studying	0		0		
Participation in tutorials	0		0		
Preparation of project / essay / etc.	0		0		
Preparation for test / exam	0		0		
TOTAL workload	25				
ECTS credits	3				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z							
Course title: kulturystyka i fitness (KIERUNKOWE)					Course code: KFZ25PIIJ3451_3S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:		
Course / module status: obligatory				Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				w tym e-learning			
1	1	ćwiczenia specjalistyczne	15	0	pg	1	
Total			15			1	
Course / module coordinator		dr ADRIANNA BANIO-KRAJNIK					
Course instructor		dr ADRIANNA BANIO-KRAJNIK					
Course / module objectives		Acquisition by students of knowledge in the field of bodybuilding and fitness as well as competences in the field of performing, teaching and conducting basic forms of fitness classes					
Prerequisites		No prerequisites					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	Has an ordered and in-depth knowledge of terminology used in bodybuilding and fitness, and has knowledge of the methodology of fitness training.	K_W01 K_W02 K_W06			
skills	1	EP2	Selects methods, forms and means to perform didactic tasks during fitness classes. Uses the devices necessary for the implementation of the teaching process	K_U05 K_U08 K_U10			
	2	EP3	Has specialized movement skills in the field of modern forms of movement necessary in professional work in the field of physical culture	K_U06 K_U10			
social competences	1	EP4	They are prepared to take care of their own and people's safety during classes, they can follow the rules of protection and safety applicable in fitness	K_K03 K_K07			
CONTENT					Semester	No. of hours	
						w tym e-learning	
Subject title: kulturystyka i fitness							
Format of instruction: ćwiczenia specjalistyczne							
1. History and definitions					1	1	0
2. Forms of fitness classes and exercise equipment					1	1	0
3. Theoretical basics of fitness training					1	2	0
4. Outdoor gym					1	1	0
5. Music and choreography in fitness. Steps and cueing.					1	2	0
6. Anatomy of stretching exercises					1	4	0

7. Being fit. Facts and myths. Safe of fitness training.		1	2	0
8. Bodybuilding and fitness competitions		1	2	0
Modes of delivery	Practical classes with the use of didactic methods from the group of reproductive methods, such as imitative-strict and task-strict, and from the group of self-empowering methods such as direct purposefulness of movement and play-classic, The use of e-learning as a modern method supplementing traditional methods of classroom teaching			
Assessment methods				No. of learning outcome from the syllabus
	KOŁOKWIUM			EP1,EP2,EP4
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP1,EP2,EP3,EP4
Grading criteria	The condition of passing the classes is attendance and evaluation of the test.			
	Grade calculation principles			
	The final grade is determined on the basis of the grade from the exam and student activity in the classroom. It may be increased in the range of 5-10% for student volunteering activity on the principles set out by the teacher and / or student activity in the class manifested by active involvement, creative own contribution classes and theoretical preparation for classes.			
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method
	1	kulturystyka i fitness		Nieobliczana
	1	kulturystyka i fitness [ćwiczenia specjalistyczne]	zaliczenie z oceną	
Basic reading	Olex -Mierzejewska D. (2002): Fitness teoretyczne i metodyczne podstawy prowadzenia zajęć, AWF Katowice, Katowice			
Supplementary reading	Ambroży T., Kaganek K (2002): Fitness – ćwiczenia siłowe. Podręcznik dla instruktorów rekreacji ruchowej, TKKF, Warszawa			
	Clemenceau J-P., Delavier F., Gundill M. (2017): Stretching. Ilustrowany przewodnik, Wydawnictwo Lekarskie PZWL			
	Delavier F. (2007): Atlas treningu siłowego, Wydawnictwo Lekarskie PZWL			
	Grodzka-Kubiak E. (2002): Aerobik czy fitness. Podręcznik szkoleniowy, DDK Edition, Poznań			
STUDENT WORKLOAD				
		No. of hours		
		W tym e-learning		
Contact hours	15	0		
Participation in test / exam	1	0		
Preparation for contact hours	2	0		
Private reading and studying	2	0		
Participation in tutorials	0	0		
Preparation of project / essay / etc.	3	0		
Preparation for test / exam	2	0		
TOTAL workload	25			
ECTS credits	1			